



Keep Moving Walking Club Directory 2007

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BlueCross BlueShield of Massachusetts

Massachusetts Department of Public Health

Massachusetts Executive Office of Elder Affairs

Massachusetts Association of Councils on Aging and Senior Center Directors



Welcome

Physical activity can improve the overall health and well-being of older adults. Even modest levels of activity, done each day for a total of 30 minutes, can prevent or control heart disease, diabetes, osteoporosis, colon cancer and weight gain. Physical activity can be low intensity exercises like gardening, bowling and casual walking; moderate intensity exercises like stair-climbing, swimming and brisk walking; or high intensity exercises like running, bicycling and race walking. Reducing your risk of disease is not the only benefit of being physically active. You can boost your energy level, improve blood circulation, lower blood pressure, and gain stronger muscles, bones and joints. Regular physical activity can also improve self-esteem, combat depression and reduce stress.

In general, people become less physically active as they get older. Nearly 40 percent of people over the age of 55 report no leisure-time physical activity. It is important to make physical activity part of your life. Scientific evidence supports the notion that even low-intensity activities, when performed daily, can have some long-term health benefits. Add physical activity to your daily routine by taking the stairs, parking at the far side of the parking lot, walking to the store, cleaning or gardening. Engage in activities that promote endurance, strength, and flexibility, such as riding a stationary bike, using small weights, and trying yoga or Tai Chi. Always include a warm-up and cool down during your exercise session. Vary your activities according to the weather. Remember to wear comfortable clothing and footwear appropriate for the temperature, humidity and activity. Find activities that you enjoy. Remember, it is never too late to start!

Many of us, no matter what our age, are not motivated to be physically active and need the structure of a planned program to help us. Scheduling a walk with friends or being a part of a walking club can help motivate you to stick with a physical activity program. This directory was created as a resource to help you connect with community-based walking clubs.

***Make physical activity a lifetime commitment!
Start with a walk!***

How to Use This Directory

To locate a walking club near you, look through the alphabetic listing of towns in Massachusetts in this directory. Each listing provides contact information for the local walking program and information about the frequency and time of day of walks.

Updates to the Keep Moving Walking Club Directory will be available bi-annually on the Massachusetts Department of Public Health's web page :
<http://www.mass.gov/dph/fch/elderhealth/walkclubdir.htm> .

If there is not a walking club convenient to you, and you would be interested in starting a club or would like more information please contact:

Edward Pomfred, Director

Keep Moving Program
Massachusetts Department of Public Health
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Boston, MA 02108

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ABINGTON

Abington WOW Group

Abington Council on Aging
500 Gliniewicz Way
Abington, MA 02351
(781) 982-2145

Walking Locations: **Abington**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **1 – 2 days per week**

Time of Walks: **Mornings**

ACTON

Acton Striders

Acton Council on Aging
Town Hall/ 472 Main St.
Acton, MA 01720
(978) 264-9643

Walking Locations: **Acton**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **2 or more days**

Time of Walks: **Mornings**

ADAMS

Senior Hoofers

Adams Council on Aging
18 East Street
Adams, MA 01220
(413) 743-8333

Walking Locations: **Adams**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **5 or more days**

Time of Walks: **Mornings**

AGAWAM

Agawam Walkers

Agawam Senior Center

Meadow Brook Manor

Agawam, MA 01001

(413) 786-0400

(413) 821-0605

Walking Locations: **Agawam**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

AMHERST

Amherst Walk and Talkers

Amherst Senior Center

70 Boltwood Walk

Amherst, MA 01002

(413) 259-3136

Walking Locations: **Amherst, Hadley, Northampton**

Seasons Club Actively Walks: **Spring, Autumn**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

ARLINGTON

Millenium Walkers

Arlington Senior Association

27 Maple Street

Arlington, MA 02476

(781) 316-3420

Walking Locations: **Arlington, Cambridge, Lexington**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

ATTLEBOROUGH

Attleboro Amblers

Attleboro Council on Aging
25 South Main Street
Attleboro, MA 02703
(508) 223-2235

Walking Locations: **Attleboro, Plainville, Foxboro, Mansfield**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

Attleboro Housing Authority

37 Carlon Street
Attleboro, MA 02703
(508) 222-0151 X208

Walking Locations: **Attleboro**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings or Afternoons**

BEDFORD

Bedford COA Walking Club

Bedford Council on Aging
12 Mudge Way
Bedford, MA 01730
(781) 275-6825

Walking Locations: **Bedford**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

BELCHERTOWN

Quabinares

Belchertown Council on Aging
60 State Street
Belchertown, MA 01007
(413) 323-0420

Walking Locations: **Belchertown**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

BELLINGHAM

Bellingham Birders

Bellingham Senior Center/YMCA
40 Blackstone Street
Bellingham, MA 02019
(508) 883-8254

Walking Locations: **Bellingham**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Morning**

BEVERLY

Gab & Gait

Beverly Council on Aging
90 Colon Street
Beverly, MA 01915
(978) 921-6017

Walking Locations: **Beverly**

Seasons Club Actively Walks: **Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

BOSTON

(See also: Charlestown, Dorchester, Hyde Park, Mattapan, Roslindale, Roxbury, West Roxbury)

Hale House Walking Club

Hale House
273 Clarendon Street
Boston, MA 02116
(617) 536-3726

Walking Locations: **Boston**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

BOSTON, continued

(See also: Charlestown. Dorchester, Hyde Park, Mattapan, Roslindale, Roxbury, West Roxbury)

Laboure Walking Club

Laboure Adult Day Health Center
376 W. Ford Street
South Boston, MA 02120
(617) 268-9670

Walking Locations: **South Boston**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

The Sensational Seniors

Reggie Lewis Center
1350 Tremont Street
Boston, MA 02120
(617) 541-2461

Walking Locations: **Boston**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

Aliancianos Unidos

La Alianza Hispana
63 Parker Hill Ave
Boston, MA 02119
(617) 232-0634

Walking Locations: **Boston Area**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings and Afternoons**

Be All You Can Be

Four Corners Community Health Center
521 Shawmut Ave.
Boston, MA 02118
(617) 437-0789

Walking Locations: **South End, Cambridge**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **5 or more days**

Time of Walks: **Mornings**

BOSTON, continued

(See also: Charlestown. Dorchester, Hyde Park, Mattapan, Roslindale, Roxbury, West Roxbury)

Greater Boston Chinese Golden Age Center

25 Stuart St. 5/F
Boston, MA 02116
(617) 542-7488

Walking Locations: **Boston Commons**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **5 or more days**
Time of Walks: **Mornings**

South Boston Senior Services (Ethos)

555 Amory St.
Boston, MA 02130
(617) 522-6700 x331

Walking Locations: **Mattapan Area**
Seasons Club Actively Walks: **Spring**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

South Boston Senior Services (Ethos)

555 Amory St.
Boston, MA 02130
(617) 522-6700 x331

Walking Locations: **Hyde Park Area**
Seasons Club Actively Walks: **Spring, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Late Mornings**

BREWSTER

Brewster Walking Club

Brewster Council on Aging
1673 Main Street
Brewster, MA 02631
(508) 896-2737

Walking Locations: **Brewster, Cape Cod**
Seasons Club Actively Walks: **Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

BRIDGEWATER

Ousam Indians

Bridgewater Council on Aging
10 Wally Kruegar Way
Bridgewater, MA 02324
(508) 697-0929

Walking Locations: **Varied Locations**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

BROCKTON

Brockton COA Walking Club

Brockton Council on Aging
10 Father Kenney Way
Brockton, MA 02301
(508) 580-7811

Walking Locations: **Brockton**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **5 or more days**

Time of Walks: **Mornings, Weekends**

BROOKLINE

Sole Mates

Brookline Council on Aging
93 Winchester Street
Brookline, MA 02446
(617) 730-2770

Walking Locations: **Brookline, Boston**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

CAMBRIDGE

Energetic Walking Club

Cambridge Senior Center
806 Massachusetts Avenue
Cambridge, MA 02139
(617) 349-6220

Walking Locations: **Cambridge, Boston**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

CARLISLE

Carlisle Walking Group

Carlisle Council on Aging
P.O. Box 827
Carlisle, MA 01741
(978) 371-2895

Walking Locations: **Carlisle, Concord, Bedford, Lexington**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

CHARLESTOWN

Golden Age Seniors

Charlestown Community Center
382 Main Street
Charlestown, MA 02129
(617) 635-5175

Walking Locations: **Charlestown, Somerville, Boston**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

CHATHAM

Chatham Walkers

Chatham Council on Aging and Senior Center
193 Stonyhill Road
Chatham, MA 02633
(508) 945-5190

Walking Locations: **Chatham**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

CHARLTON

Walky-Talkys of Charlton

Charlton Council on Aging
37 Main Street
Charlton, MA 01507
(508) 248-2379

Walking Locations: **Charlton**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2days**

Time of Walks: **Mornings & Afternoons**

CHELMSFORD

Chelmsford Senior Center Walking Group

Chelmsford Senior Center
75 Groton Road
Chelmsford, MA 01863
(978) 251-0533

Walking Locations: **Chelmsford, Lowell, Billerica, Carlisle**

Seasons Club Actively Walks: **Spring, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

CHELSEA

Chelsea Walking Club

Chelsea Senior Center and Council on Aging
10 Riley Way
Chelsea, MA 02150
(617) 889-2520

Walking Locations: **Chelsea**
Seasons Club Actively Walks: **Spring, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

CHESTERFIELD

Chesterfield Walking Club
Chesterfield COA
P.O. Box 7
Chesterfield, MA 01012
(413) 296-4007

Walking Locations: **Chesterfield**
Seasons Club Actively Walks: **Spring, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

CHICOPEE

Chicopee Walking Keys

Chicopee Senior Center
7 Valley View Court
Chicopee, MA 01020
(413) 534-3698

Walking Locations: **Chicopee**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

CLINTON

Spirited Walkers

Clinton Council on Aging
200 High Street
Clinton, MA 01510
(978) 365-9416

Walking Locations: **Clinton, Lancaster, Sterling, West Boylston**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2days**
Time of Walks: **Afternoons**

DORCHESTER

Harbor Point Walking Club

Housing Opportunities Unlimited
1 North Point Drive
Dorchester, MA 02125
(617) 288-4569

Walking Locations: **Dorchester**
Seasons Club Actively Walks: **Spring, Summer**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

The Walking Club

John Madden Senior Center
1500 Dorchester Avenue
Dorchester, MA 02122
(617) 825-5000

Walking Locations: **Dorchester**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Afternoons**

DRACUT

Dracut Walking Group

Dracot Council on Aging
951 Mammoth Road
Dracot, MA 01826
(978) 957-0129

Walking Locations: **Lowell (along the river)**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

DUXBURY

Senior Dux

Duxbury Council on Aging, Duxbury Senior Center
3 Mayflower Street
Duxbury, MA 02332
(781) 934-5774

Walking Locations: **Duxbury**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

EAST LONGMEADOW

Morning Glory Walkers

East Longmeadow Council on Aging
328 North Main Street
East Longmeadow, MA 01028
(413) 525-5436

Walking Locations: **East Longmeadow, Springfield**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

Chancellor Trotters

Chancellor Gardens
50 Benton Drive
East Longmeadow, MA 01028
(413) 525-8150

Walking Locations: **East Longmeadow, Longmeadow, Springfield**
Seasons Club Actively Walks: **Spring, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

EASTON

Easton Walking Club

Easton Council on Aging
136 Elm Street
Easton, MA 02356
508) 230-3305

Walking Locations: Varied Locations
Seasons Club Actively Walks: **NOT ACTIVE**
Number of Days a Week Club Walks: 1 -2 days
Time of Walks: Mornings

EVERETT

The Pace Setters

Cambridge Health Alliance
391 Broadway
Everett, MA 02149

Walking Locations: **Everett**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Evenings**

FRAMINGHAM

The Walking Club

Framingham Board of Health
150 Concord Street, Room 221
Framingham, MA 01701
(508) 620-4827

Walking Locations: **Framingham, Natick**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

FRANKLIN

Franklin Trail Blazers

Franklin Senior Center
80 West Central Street
Franklin, MA 02038
(508) 520-4946

Walking Locations: **Franklin**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

GARDNER

Mount Walkers

Mount Wachusett Community College
444 Green Street
Gardner, MA 01440
(978) 632-3316

Walking Locations: **Gardner, Barre, Baldwinville**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

GRANBY

Granby Walking Club
Granby Council on Aging
257 State Street
Granby, MA 01033
(413) 467-3239

Walking Locations: **Granby**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

GROTON

Groton Council on Aging
173 Main Street
Groton, MA 01450
(978) 448-1170

Walking Locations: **Groton Rail Trail**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **5 or more days**
Time of Walks: **Mornings**

HADLEY

Dandi Liners
Hadley Council on Aging
46 Middle Street
Hadley, MA 01035
(413) 586-4023

Walking Locations: **Hadley**
Seasons Club Actively Walks: **Spring, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

HALIFAX

Halifax Hoofers
Halifax Council on Aging
506 Plymouth Street
Halifax, MA 02338
(781) 293-7313

Walking Locations: **Halifax**
Seasons Club Actively Walks: **Spring, Autumn**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

HANOVER

Strollettes

Hanover Council on Aging
624 Circuit Street
Hanover, MA 02339
(781) 878-6361

Walking Locations: **Hanover**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

HANSON

Hanson Senior Trotters

Hanson Council on Aging
132 Maquan Street
Hanson, MA 02341
(781) 293-2683

Walking Locations: **Hanson**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

HARWICH

Harwich Walkers

C/o Francois Marin
31 Hillside Road
Harwich, MA 02645
(508) 430-8623

Walking Locations: **Harwich, Chatham, Dennis**

Seasons Club Actively Walks: **Spring, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

HAVERHILL

Bethany Road Runners

Bethany Homes
22 Phoenix Row
Haverhill, MA 01830
(978) 374-2164

Walking Locations: **Salisbury, Salem**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

HINGHAM

Heels

Hingham Council on Aging
224 Central Street
Hingham, MA 02043
(781) 741-1458

Walking Locations: **Hingham**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

HOLDEN

Senior Walkers of Holden

Holden Council on Aging
1128 Main Street
Holden, MA 01520
(508) 829-0270

Walking Locations: **Holden, Worcester, Paxton, Rutland, Shrewsbury**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

HOPEDALE

Hopedale Walking Club

Hopedale Community House
Hope Street
Hopedale, MA 01747
(508) 473-9310

Walking Locations: **Hopedale**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

HUDSON

The Walkers

Hudson Council on Aging
29 Church Street
Hudson, MA 01749
(978) 568-9638

Walking Locations: **Hudson**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

HYANNIS

Barnstable Happy Hoofers

Barnstable Senior Center
825 Falmouth Road
Hyannis, MA 02601
(508) 862-4750

Walking Locations: **Hyannis area, Centerville, Osterville**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

HYDE PARK

Hyde Park Walking Group

15 Chittick Road
Hyde Park, MA 02136
(617) 361-1187

Walking Locations: **Hyde Park**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

JAMAICA PLAIN

Nate Smith House Walking Club

Nate Smith House
155 Lamartine Street
Jamaica Plain, MA 02130
(617) 524-2294

Walking Locations: **Jamaica Plain**
Seasons Club Actively Walks: **Spring, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

KINGSTON

Kingston Walkers

Kingston Council on Aging
Reed Center, 33A Summer St., P.O. Box 234
Kingston, MA 02364
(781) 585-0511

Walking Locations: **Kingston, Duxbury**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

LAKEVILLE

Lakeville Walkers

Lakeville Senior Center
Bedford Street
Lakeville, MA 02347
(508) 947-7224

Walking Locations: Lakeville, Middleboro, Taunton
Seasons Club Actively Walks: Spring, Summer, Autumn, Winter
Number of Days a Week Club Walks: 1 -2 days
Time of Walks: **NOT ACTIVE**

LANSEBORO

Fallen Arches

Lanesboro Council on Aging
83 North Main Street
Lanesboro, MA 01237
(413) 448-2682

Walking Locations: **Lanesboro, Pittsfield**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

LEICESTER

Leicester Walkers

Leicester Senior Center
3 Washburn Square
Leicester, MA 01524
(508) 892-8732

Walking Locations: **Leicester**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

LEOMINSTER

Leominster Walking Club

Leominster Senior Center
5 Pond Street
Leominster, MA 01453
(978) 534-7511

Walking Locations: **Leominster (at the high school)**
Seasons Club Actively Walks: **Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Afternoons**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

LOWELL

Lowell Walking Group

Lowell Council on Aging
400 Merrimack Street
Lowell, MA 01854
(978) 970-4135

Walking Locations: **Lowell**
Seasons Club Actively Walks: **Spring , Summer**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

LUDLOW

Ludlow Senior Center Sunflowers

Ludlow Senior Center
37 Chestnut Street
Ludlow, MA 01056
(413) 583-3564

Walking Locations: **Ludlow, Springfield**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

MALDEN

Malden Walkers

200 Pleasant St., Rm. 121
Malden, MA 02148
(781) 397-7144

Walking Locations: **Malden**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

MANCHESTER

Body and Sole

Manchester Council on Aging
Town Hall, Central Street
Manchester, MA 01944 1399
(978) 526-7500

Walking Locations: **Manchester**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

MANSFIELD

Puddle Ducks

Mansfield Council on Aging
255 Hope Street
Mansfield, MA 02048
(508) 261-7368

Walking Locations: **Mansfield, Foxboro, Easton, Taunton, Attleboro**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

MARION

Marion Walking Club

Marion Council on Aging
2 Spring Street
Marion, MA 02738
(508) 748-3570

Walking Locations: **Marion**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings, Afternoons**

MARLBORO

Marlboro COA Walking Club

Marlboro Council on Aging
250 Main Street
Marlboro, MA 01752
(508) 485-6492

Walking Locations: **Marlboro**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Afternoons**

MARSHFIELD

Marshfield Walking Club

Marshfield Council on Aging
230 Webster Street
Marshfield, MA 02050
(781) 834-5581

Walking Locations: **Marshfield**
Seasons Club Actively Walks: **Spring**
Time of Walks: **Mornings**

MASHPEE

Mashpee Walkers Talkers

Mashpee Council on Aging
26 Frank E. Hicks Drive
Mashpee, MA 02649
(508) 539-1440

Walking Locations: **Mashpee**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

MATTAPAN

Fieldstone Walking Club

Fieldstone Apartments
Mattapan, MA 02124
(617) 265-4919

Walking Locations: **Dorchester**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Afternoons**

Shangri La Walking Club

Colorado St. Citizens Group
24 Colorado Street
Mattapan, MA 02126
(617) 298-0986

Walking Locations: **Boston, Jamaica Plain, Roxbury, Mattapan**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **5 or more days**
Time of Walks: **Mornings, Evenings, Weekends**

MEDWAY

Medway Senior Walkers

Medway COA
76 Oakland Street
Medway, MA 02053
(508) 533-7236

Walking Locations: **Medway**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1 - 2 days**
Time of Walks: **Mornings**

MEDFORD

Medford Walking Club

Medford Council on Aging
101 Riverside Avenue
Medford, MA 02155
(781) 396-6010

Walking Locations: **Medford**
Seasons Club Actively Walks: Not noted
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

MEDWAY

Medway Walking Club

Medway Senior Center
76 Oakland Street
Medway, MA 02053
(508) 533-3210

Walking Locations: **Medway and surrounding areas**
Seasons Club Actively Walks: **Spring, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

MILLBURY

Millbury Walking Club

Millbury COA
One River Street
Millbury, MA 01527
(508) 865-9154

Walking Locations: **Millbury**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

MILFORD

Silver Sneakers

Milford Senior Center
15 Winter Street
Milford, MA 01757
(508) 473-8334

Walking Locations: **Milford**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

MILLIS

The Millis Milers

Millis Senior Center
900 Main Street
Millis, MA 02054
(508) 376-7051

Walking Locations: **Millis**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

MILTON

Milton Marchers

Milton Council on Aging
10 Walnut Street
Milton, MA 02186
(617) 898-1094

Walking Locations: **Milton, Boston, Braintree, Weymouth, Hingham**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

NEEDHAM

Charles River Walking Club

Deaconess Glover Hospital
148 Chestnut Street
Needham, MA 02492
(508) 653-8856

Walking Locations: **Needham, Dover, Wellesley, Natick, Medfield**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings, Afternoons**

Senior Walking Club

Needham Park and Recreation Department
1471 Highland Avenue
Needham, MA 02492
(781) 455-7537

Walking Locations: **Needham**
Seasons Club Actively Walks: **Spring, Autumn, Winter**
Number of Days a Week Club Walks: **3- 4 days**
Time of Walks: **Mornings & Afternoons**

NEW BEDFORD

New Bedford Walking Club

New Bedford Council on Aging
572 Pleasant Street
New Bedford, MA 02740
(508) 997-4882

Walking Locations: **New Bedford**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

NEWBURY

Newbury Walking Group

Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951
(978) 462-8114

Walking Locations: **Newbury**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

NEWTON

Early Morning Walkers

Newton Parks & Recreation
70 Crescent Street
Newton, MA 02466
(617) 552-7120

Walking Locations: **Newton**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **5 or more days**

Time of Walks: **Mornings, Weekends**

NORTH ADAMS

Young at Heart Walkers

North Adams Council on Aging
116 Ashland Street
North Adams, MA 01247
(413) 662-3125

Walking Locations: **North Adams**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

NORTHBORO

Sunshine Gang

Northboro Senior Center
1 Centre Drive
Northboro, MA 01532
(508) 393-5035

Walking Locations: **Northboro, Westboro, Shrewsbury**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

NORWOOD

Norwood Walking Club

Norwood Senior Center
275 Prospect Street
Norwood, MA 02062
(781) 762-1201

Walking Locations: **Norwood**
Seasons Club Actively Walks: **Spring, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Afternoons**

OAK BLUFFS

Oak Bluffs Walking Club

Oak Bluffs Council on Aging
P.O. Box 1327
Oak Bluffs, MA 02557-1327
(508) 693-4509

Walking Locations: **Oak Bluffs**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

OAKHAM

Oakham Walking Club

Oakham Council on Aging
P.O. Box 173
Oakham, MA 01068
(508) 882-3894

Walking Locations: **Oakham**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

ORLEANS

Orleans Walking Club

Orleans Council on Aging
150 Rock Harbor Road
Orleans, MA 02635
(508) 255-6333

Walking Locations: **Orleans, Brewster, and surrounding towns**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

PEABODY

Peabody COA Walkers

Peabody Council on Aging
79 Central Street
Peabody, MA 01960
(978) 531-2254

Walking Locations: **Peabody**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

PEMBROKE

Walking Group

Pembroke Council on Aging
Town Hall, 100 Center Street
Pembroke, MA 02359
(781) 294-8220

Walking Locations: **Pembroke, mall walkers**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

PITTSFIELD

Breakfast Club

Senior Center, YMCA, & Melbourne Place
330 North Street
Pittsfield, MA 01201
(413) 499-9346

Walking Locations: **Pittsfield**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **Meets once a month**

Time of Walks: **Mornings**

PLAINVILLE

Plainville Walking Club

Friends of Plainville Seniors
9 School Street
Plainville, MA 02762
(508) 699-7384

Walking Locations: **Plainville**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

PLYMOUTH

Plymouth Rockers

Plymouth Council on Aging
130 Court Street
Plymouth, MA 02360
(508) 830-4230

Walking Locations: **Plymouth**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **5 or more days**

Time of Walks: **Mornings**

PLYMPTON

Walky-Talkers

85 Ring Road
Plympton, MA 02367
(781) 585-8160

Walking Locations: **Plympton, Kingston, Plymouth**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings, Afternoons**

PRINCETON

Princeton Walkers

Princeton Council on Aging
6 Towne Hall Drive
Princeton, MA 01541
(978) 464-5977

Walking Locations: **Princeton, Rutland**
Seasons Club Actively Walks: Not noted
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

QUINCY

Walk of Ages

Beechwood Community Center
440 East Squantum Street
Quincy, MA 02171
(617) 471-5712

Walking Locations: **Quincy**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

RAYNHAM

Raynham Walkers

Park and Recreation
2215 King Philip Street PO Box 84
Raynham, MA 02768
(508) 824-2740

Walking Locations: **Raynham, Taunton, Plymouth on occasion**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

READING

In Town Walkers

Reading Elder Services
16 Lowell Street
Reading, MA 01867
(781) 942-9057

Walking Locations: **Reading**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

REHOBOTH

Rehoboth Walking Club

Rehoboth Council on Aging
320 Anawan Street
Rehoboth, MA 02769
(508) 252-3372

Walking Locations: **Rehoboth**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

ROCHESTER

Rochester Rockettes

Rochester Council on Aging
1 Constitution Road
Rochester, MA 02770
(508) 763-8723

Walking Locations: **Rochester**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **5 or more days**

Time of Walks: **Mornings**

ROCKPORT

Walkie Talkies

Rockport Council on Aging
4 Broadway
Rockport, MA 01966
(978) 546-2573

Walking Locations: **Rockport**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

ROSLINDALE

Pondside Patrollers

Rogerson Community Adult Day Health
23 Florence Street
Roslindale, MA 02131
(617) 363-2329

Walking Locations: **Roslindale, Jamaica Plain**

Seasons Club Actively Walks: **Spring, Summer**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

Roslindale House Walking Club

Roslindale House
120 Poplar Street
Roslindale, MA 02131
(617) 327-1503

Walking Locations: **Roslindale**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Afternoons**

ROXBURY

Aliancanos

La Alianza Hispana, Inc.
409 Dudley Street
Roxbury, MA 02119
(617) 427-7175 x243

Walking Locations: **Roxbury, Jamaica Plain, Dorchester, Braintree**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

ROXBURY continued

Council Towers Walkers Club

Council Towers
2875 Washington Street
Roxbury, MA 02119
(617) 427-8194

Walking Locations: **Roxbury, Jamaica Plain**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

Saint Joseph Walking Club

Saint Joseph Community Housing
86 Crispus Atticks Place
Roxbury, MA 02119
(617) 427-3326

Walking Locations: **Roxbury, Jamaica Plain**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

Roxbury Holy Temple Church

14 Lambert Ave.
Roxbury, MA 02119
(617) 442-1531

Walking Locations: **Jamaica Plain Pond**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 Days**
Time of Walks: **Afternoon**

Roxbury Tenants of Harvard

11 New Whitney St.
Boston, MA 02115
(617) 232-0400

Walking Locations: **Roxbury Area**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 Days**
Time of Walks: **Mornings**

RUTLAND

Rutland Early Birds

Rutland Council on Aging
250 Main Street
Rutland, MA 01543
(508) 886-9004

Walking Locations: **Rutland, Princeton, Paxton**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

SCITUATE

Scituate Walking Club

Scituate Senior Center and Council on Aging
27 Brook Street
Scituate, MA 02066
(781) 545-8722

Walking Locations: **Scituate**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

SEEKONK

Seekonk Trotters

Seekonk Council on Aging
320 Pleasant Street
Seekonk, MA 02771
(508) 336-8772

Walking Locations: **Seekonk, Boston & Cape Cod on special occasions**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

SHREWSBURY

Shrewsbury Senior Steppers

Shrewsbury Council on Aging
98 Maple Ave
Shrewsbury, MA 01545
(508) 841-8640

Walking Locations: Not noted

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

SOMERVILLE

Somerville Strollers

Somerville Council on Aging
167 Holland Street
Somerville, MA 02143
(617) 625-6600

Walking Locations: **Somerville, Boston, Marblehead**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

SOUTHBOROUGH

Senior Striders

Southborough Recreation
17 Common Street
Southborough, MA 01772
(508) 229-4452

Walking Locations: **Southborough**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

SOUTH HADLEY

Walk & Talk

South Hadley Council on Aging
45 Dayton Street
South Hadley, MA 01075
(413) 538-5042

Walking Locations: **South Hadley**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

SPRINGFIELD

Walking Wildcats

Department of Elder Affairs
1600 East Columbus Avenue
Springfield, MA 01103
(413) 787-6487

Walking Locations: **Springfield**
Seasons Club Actively Walks: Summer
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

STOUGHTON

Stoughton Striders

Stoughton Council on Aging
110 Rockland Street
Stoughton, MA 02072
(781) 344-8514

Walking Locations: **Stoughton**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

STURBRIDGE

Sturbridge Walking Club

Sturbridge Council on Aging
PO Box 746
Sturbridge, MA 01776
(978) 443-3055

Walking Locations: **Sturbridge**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

SUTTON

Walking for the Health of It

Sutton Senior Center
20 Hough Road
Sutton, MA 01590
(508) 234-0703

Walking Locations: **Sutton**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

SWANSEA

Swansea Steppers

Swansea Council on Aging
450 Ocean Grove Avenue
Swansea, MA 02777
(508) 676-1831

Walking Locations: **Swansea and surrounding areas**

Seasons Club Actively Walks: **Spring, Summer**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

TEMPLETON

Templeton Walking Club

Templeton Council on Aging
PO Box 244 E. Templeton
Templeton, MA 01438
(978) 632-4592

Walking Locations: **Templeton (at the high school)**
Seasons Club Actively Walks: **Spring, Autumn**
Number of Days a Week Club Walks: **5 or more days**
Time of Walks: **Afternoons, Evenings**

TEWKSBURY

Swinging Seniors

Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876
(978) 640-4473

Walking Locations: **Tewksbury**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

TOPSFIELD

Keep Walking and Smiling

Topsfield Council on Aging
Town Hall, 8 W. Common Street
Topsfield, MA 01983
(978) 887-1523

Walking Locations: **Topsfield, Newburyport, Danvers**
Seasons Club Actively Walks: **Spring, Autumn, Winter**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

UPTON

Upton Walk Club

Upton Council on Aging
Upton Senior Center
1 Centennial Drive
P. O. Box 610
Upton, MA 01568
(508) 529-4558

Walking Locations: **Upton**

Seasons Club Actively Walks: **Spring, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

WALPOLE

Walpole Walk a Longs

Walpole Council on Aging
135 School Street, Town Hall
Walpole, MA 02081
(508) 668-3330

Walking Locations: **Walpole**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

WEBSTER

Webster Walkers

Webster Council on Aging
116 School Street
Webster, MA 01570
(508) 949-3845

Walking Locations: **Webster**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

WELLESLEY

Wellesley Keep Moving

Wellesley Council on Aging
219 Washington Street
Wellesley, MA 02481
(781) 237-1577

Walking Locations: **Wellesley**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

WESTBOROUGH

Westborough Walking Club

Westborough Council on Aging
4 Rogers Road
Westborough, MA 01581
(508) 366-3000

Walking Locations: Westborough

Seasons Club Actively Walks: Spring, Summer, Autumn, Winter

Number of Days a Week Club Walks: 1 -2 days

Time of Walks: **NOT ACTIVE**

WEST BRIDGEWATER

Wee Bee Walkers

Council on Aging
2 Spring Street
West Bridgewater, MA 02379
(508) 588-4418

Walking Locations: **West Bridgewater**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

WESTFIELD

Westfield Walkers

Council on Aging
40 Main Street
Westfield, MA 01085
(413) 562-9624

Walking Locations: **Westfield**

Seasons Club Actively Walks: **Spring, Summer, Autumn**

Number of Days a Week Club Walks: **1 day**

Time of Walks: **Mornings**

WESTMINSTER

Walkers of Westminster

Westminster Council on Aging and Friendship Club
40 Battles Road
Westminster, MA 01473
(978) 874-7402

Walking Locations: **Westminster, Gardner**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

WEST ROXBURY

J.O.Y.(Just Over Youth) Walkers

75 Eastwood Circle
West Roxbury, MA 02132
(617) 994-9808

Walking Locations: **West Roxbury, Roslindale, Jamaica Plain, South Boston**

Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**

Number of Days a Week Club Walks: **1-2 days**

Time of Walks: **Mornings**

WEST SPRINGFIELD

Rise and Shine Walkers

West Springfield Council on Aging
128 Park Avenue
West Springfield, MA 01089
(413) 263-3264

Walking Locations: **West Springfield**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

WESTON

Weston Walkers

Weston Council on Aging
20 Alphabet Lane
Weston, MA 02493
(781) 893-0154

Walking Locations: **Weston**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings/ afternoons**

WEYMOUTH

Weymouth Happy Hikers

Weymouth Council on Aging
182 Green Street
Weymouth, MA 02191
(781) 337-9702

Walking Locations: **Weymouth**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Morning**

WHITMAN

Toll House Cookies

Whitman Council on Aging
16 Hayden Avenue
Whitman, MA 02382
(781) 447-7619

Walking Locations: **Whitman**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

WHITINVILLE

Jolly Walkers of Whitinville

Alternatives Unlimited
54 Douglas Rd.
Whitinville, MA 01588

Walking Locations: **Whitinville, Uxbridge**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1-2 days**
Time of Walks: **Mornings**

WILBRAHAM

Wilbraham Walkie Talkies

Wilbraham Senior Center
45 Post Office Park
Wilbraham, MA 01095
(413) 596-8379

Walking Locations: **Wilbraham, Hampden, Monson**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1- 2 days**
Time of Walks: **Mornings**

WINCHENDON

Winchendon Council on Aging

108 Ipswich Drive
Winchendon, MA 01475
(978) 297-0415

Walking Locations: **Winchendon**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1- 2 days**
Time of Walks: **Mornings**

WINTHROP

Viking Striders

Winthrop Council on Aging
35 Harvard Street
Winthrop, MA 02152
(617) 846-8538

Walking Locations: **Winthrop, also North End, Swampscott**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **3-4 days**
Time of Walks: **Mornings**

WORCESTER

Worcester Walkers

Worcester Elder Affairs, Worcester Senior Center
128 Providence Street
Worcester, MA 01604
(508) 799-5067

Walking Locations: **Worcester**
Seasons Club Actively Walks: **Spring, Summer, Autumn**
Number of Days a Week Club Walks: **1 -2 days**
Time of Walks: **Mornings**

WRENTHAM

Trail Blazers

Wrentham Council on Aging
PO Box 480
Wrentham, MA 02093
(508) 384-5425

Walking Locations: **Wrentham**
Seasons Club Actively Walks: **Spring, Summer, Autumn, Winter**
Number of Days a Week Club Walks: **Twice a week**
Time of Walks: **Mornings**

YARMOUTH

Walking Group

Yarmouth Council on Aging

528 Forest Road

Yarmouth, MA 02664

(508) 760-4810

Walking Locations: **Yarmouth**

Seasons Club Actively Walks: **Summer, Spring, Autumn, Winter**

Number of Days a Week Club Walks: **3-4 days**

Time of Walks: **Mornings**

Keep Moving is supported by MA Department of Public Health, MA Executive Office of Elder Affairs, MA Councils on Aging and Senior Center Directors and BlueCross BlueShield of MA.